

# CREATINE

## CREATINE MONOHYDRATE DRINK MIX



### Unflavoured creatine monohydrate drink for increased physical performance

**Part of our Sports Series**, Creatine is an unflavoured, easy-to-mix drink, which contains creatine monohydrate for increased **physical performance** in terms of **speed**, **power** and **strength**.

Muscles use creatine to produce energy. As a nutrient, creatine has been extensively researched and remains one of the most popular supplements available to modern athletes.

Creatine increases physical performance in successive bursts of short-term, high intensity exercise, making it a favourite with not only athletes, but also those undertaking regular exercise.

Suitable for use immediately after exercise...

### BENEFICIAL FOR...

- Physical performance
- Speed and power
- Muscle strength / energy
- Muscle growth
- Muscular endurance
- Muscular cramp / fatigue
- High intensity exercise
- Resistance training
- Athletes / gym goers
- Enhanced recovery
- Bone health
- Cognitive performance / focus

# About the ingredients...

## Creatine:

### What is creatine?

Creatine is a chemical found naturally in the body (approximately 95% is found in skeletal muscle). It is also present in red meat, seafood and animal milk.

As it is involved in making **energy for muscles**, it is often used as a supplement to improve **exercise performance** and **increase muscle mass**.

It is also used for **muscle cramps**, **fatigue**, multiple sclerosis (MS) and even depression, as well as many other conditions.

As a natural source of energy that helps your skeletal muscles flex (contract), creatine also helps to create a steady supply of energy in your muscles so they can keep working, especially during exercise - thereby helping to improve **stamina**.

About half of the body's supply of creatine comes from the diet, especially protein-rich foods. The body produces the other half naturally in the liver, kidneys and pancreas. They deliver about 95% of the creatine to your skeletal muscles to use during physical activity. The rest goes to the heart, brain and other tissues.

### What happens when you take creatine?

Most creatine goes to skeletal muscles, which convert creatine into a compound of creatine and phosphoric acid (phosphocreatine or creatine phosphate). Phosphocreatine then helps create adenosine triphosphate (**ATP**).

ATP is a source of energy that your cells use when you exercise. So, **creatine helps maintain a continuous energy supply to your muscles during intense lifting or exercise**.

In addition to providing more **energy** and helping to increase **muscle growth**, creatine helps to:

- **Speed up muscle recovery:** When you exercise, you create micro-tears in your muscle fibres. As you recover, the micro-tears in your muscle fibres heal and your muscles get stronger. Creatine helps activate satellite cells in your muscles, which help the micro-tears heal.
- **Increase anabolic hormones:** Anabolic hormones contribute to growth and tissue repair. They include insulin, human growth hormone (hGH), oestrogen and testosterone.
- **Boost water content in muscle cells:** Better cell hydration can help to increase muscle growth and reduce dehydration and muscle cramps.
- Creatine can also increase the amount of phosphocreatine in your brain, which may **help with your memory**.

### What is creatine monohydrate?

Creatine monohydrate is among the safest and most well-researched forms of creatine supplements.

Creatine has been studied extensively as a dietary supplement for many years. In fact, more than 1,000 studies have been conducted, which have shown that creatine is a top supplement for exercise performance.

What's more, most scientists who study supplements believe that monohydrate is the best form. Here are five science-backed reasons why this form is the best.

1. **Best safety record:** Many studies have shown that creatine monohydrate is very safe to consume. The International Society of Sports Nutrition recently concluded, "There is no compelling scientific evidence that the short- or long-term use of creatine monohydrate has any detrimental effects".

This supplement appears to be safe at higher doses, too. Although a typical daily dose is 3–5 grams, people have taken doses of up to 30 grams per day for up to five years with no reported safety concerns.

# About the ingredients...

2. **Most scientific support:** The vast majority of the studies on creatine have used the monohydrate form. Besides this form, the other main forms of creatine on the market are:

- Creatine ethyl ester
- Creatine hydrochloride
- Buffered creatine
- Liquid creatine
- Creatine magnesium
- chelate

While each of these forms has a handful of studies examining it, the information on the effects of these forms in humans is limited. Almost all the health and exercise benefits of taking creatine supplements have been demonstrated in studies using monohydrate.

These benefits include **muscle gain**, **improved exercise performance** and possible **brain benefits**. Studies have shown that this supplement can **increase strength** gains from a weight-training program by about 5–10%, on average. Additionally, a large review of dietary supplements found that creatine monohydrate was the most effective for **muscle gain**.

3. **Proven to improve exercise performance:** Creatine monohydrate exerts a variety of effects on health and exercise performance, including **increased strength, power and muscle mass**.

## Sources:

\*<https://www.ncbi.nlm.nih.gov/pubmed/28615996>

\*<https://www.ncbi.nlm.nih.gov/pubmed/25946994>

\*<https://www.ncbi.nlm.nih.gov/pubmed/14636102>

\*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2048496/>

\*<https://www.ncbi.nlm.nih.gov/pubmed/27328852>

\*<https://www.ncbi.nlm.nih.gov/pubmed/17828627>



**Creatine is available for re-sale under your own label (or our label)  
and can be dropshipped by us.**

\*See our [Trade Price List](#) for trade prices, RRP's, discounts, dropshipping rates etc.